



3D (Dance Disco Dance)

32 Count, 4 Wall, Beginner

Choreographer: Frank Trace (USA) Oct 2018

Choreographed to: Give It Up by Cyndi Lauper

Preferred Music: Give It Up by Cyndi Lauper (126 BPM)

Slower Smooth Music: Fresh by Kool and the Gang (118 BMP)

Fun Disco Music: In The Navy by The Village People (126 BMP)

This dance works well with many different dance songs.

Begin after a 32 counts on the vocal.

Section 1 SKATE, SKATE, TRIPLE, SKATE, SKATE, TRIPLE

1-2 Skate steps forward R, L
3&4 Triple forward R, L, R
5-6 Skate steps forward L, R
7&8 Triple forward L, R, L.

Section 2 JAZZ BOX WITH CROSS OVER, SIDE SHUFFLE, ROCK BACK, RECOVER

1-4 Step R over L, step L back, step R to side, cross L over R
5&6 Side shuffle stepping R, L, R
7-8 Rock back on L, recover onto R.

Section 3 VINE LEFT, SCUFF, ROCKING CHAIR

1-4 Step L to left side, step R behind L, step L to side, scuff R
5-8 Rock forward on R, recover onto L, rock back on R, recover onto L.

Section 4 ¼ PIVOT LEFT, ¼ PIVOT LEFT, JAZZ BOX ¼ TURN RIGHT

1-2 Step R forward, pivot ¼ turn left (9:00)
3-4 Step R forward, pivot ¼ turn left (6:00)
5-8 Cross step R over L, step back on L turning slightly right, step R to right side completing a ¼ turn right, step on L. (9:00)

BEGIN AGAIN